

Opening to Stillness



2010 Website Program Description

Prerequisites: None

[Peter Russell](#), who has been teaching meditation for 40 years, has found that the key to successful meditation is complete effortlessness. The mind in its natural relaxed state is already at ease. Nothing needs to be done to find inner peace; we only have to stop doing the various things that keep our minds busy and tense. The beauty of this approach is that nothing needs to be changed or eliminated. It is simply surrendering to the fullness of the present moment.

In this workshop, we will:

- Experience allowing our minds to fully relax and settle down into a state of profound ease.
- Discover how something as simple as letting go of all effort and resistance can open us to the peace and joy for which we've always longed.
- Practice using our inner knowing to guide us during meditation.
- Learn how to free ourselves from the mindsets that create dissatisfaction and unnecessary suffering.
- Explore how to integrate these approaches in our lives and find greater ease in daily activity.

The workshop includes guided meditations, talks, group discussions, and periods of silence and inner reflection. It is suitable for both beginners and experienced meditators.

The retreat will be held at the Virginia campus, offering greater seclusion, silence and opportunities for stillness.